

Abstract

Title: Case Study of Physiotherapy Treatment of a Patient after Proximal Humerus Fracture

Objectives: The main aim of this thesis is to describe the possibilities of physiotherapy treatment of patients after proximal humerus fracture. The summary of theoretical knowledge, orientation in specialized literature dealing with this topic and a case study of one patient.

Methods: The bachelor thesis is divided into two parts - the general part and the special part. The general part focuses on general information concerning this diagnosis, which will be accessed from specialized literature. Specifically, this part contains information about the anatomy and kinesiology of the shoulder girdle, general information about fractures of the proximal humerus, treatment options and rehabilitation. The special part contains a complex initial physiotherapy examination, therapy proposal, short and long term goals of therapy, description of individual therapies, output physiotherapy examination and the overall effect of therapy.

Results: The case study of physiotherapy treatment was compiled on the basis of my bachelor practice in Centrum léčby pohybového aparátu in Prague during January and February of 2020. The result of physiotherapy treatment was reduced pain, increased range of motion and increased muscle strength. All results are recorded in the special part of this thesis.

Keywords: Physiotherapy, fracture, proximal humerus, shoulder girdle, rehabilitation, case report